

Meeting the information needs of Consumer/Survivors in the Toronto Area

BULLETIN

February 16 – 29, 2012

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto
Phone Hours: M-F from 9-5 / Drop-in Hours: M-F from 9-4
Tel: 416-595-2882 csinfo@camh.net <http://www.csinfo.ca/>

C/S INFO CENTRE NEWS

WE'RE HAVING ANOTHER WORKSHOP !

FORM T2201 & THE DISABILITY TAX CREDIT

Join the Consumer/Survivor Info Centre on **Monday February 27** from 10:00 to 11:30 am for a free workshop on Form T2201 and the Disability Tax Credit. The workshop will be held in our new favourite place to have workshops - Room B40 in the basement of Unit 4 at CAMH – the Centre for Addiction and Mental Health at 1001 Queen Street West. We'll put up lots of directional signs. This workshop is a follow-up to the one we held on the Registered Disability Savings Plan. You need a Form T2201 to start a Registered Disability Savings Plan, as well as to claim the additional tax credit when you do your Income Tax Return. Come and find out all about it right from the experts. A representative from the Canada Revenue Agency will be here to present the information and answer all your questions. Everyone welcome, no need to pre-register, although for the purposes of getting enough refreshments, maybe give a call and we'll keep count. Helen or Colleen at the Consumer/Survivor Information Resource Centre of Toronto 416-595-2882.

OUR INCOME TAX CLINIC IS STARTING UP

Each year, the C/S Info Centre teams up with the Canada Revenue Agency and over 3,000 other community agencies across Canada to offer help with Income Tax Returns for over half a million low income Canadians. Here at C/S Info, we'll help if you're a psych survivor, a mad person, a consumer, a crazy person, a patient. Canada Revenue's criteria are that your income be under \$30,000 if you are a family or \$25,000 if you're single and that your return be a simple one. They define a simple return as having no rental or self-employment income, no bankruptcies or capital gains and no deceased spouse in the years for which you want us to do your taxes. In this busy time of year we do only the current tax year i.e. 2011, but later on, we'll go back as far as Canada Revenue will allow, which is 10 years.

If you have all your income slips – T5's, T4's and your rent receipts, give us a call and we'll make an appointment for you. Our appointments are on Tuesdays and will start during the third week of February. 416-595-2882

Please consider going green and getting your Bulletin by email if you have access to a computer now.

LUNCHBOX SPEAKER'S SERIES:

Investing in people with mental health and addiction challenges

Wednesday, February 27, 2012 from noon – 1:30 pm

Ontario Institute for Studies in Education, University of Toronto, 252 Bloor Street West (St. George Subway Station), Room 3-104

Free – No Registration Required

Presented by the Social Economy Centre (OISE/UT) & Rotman School of Management & Centre for Addiction and Mental Health (CAMH)

Rise Asset Development – A Rotman/CAMH financial initiative supporting business growth & mental health

Presenters:

- Narinder Dhami, Executive Director, Rise Asset Development
- Trent Copp, Occupational Therapist, Centre for Addiction and Mental Health
- A Rise Entrepreneur

Rise Asset Development provides microfinancing and mentorship to entrepreneurs who have/had a mental health and/or addiction challenge. The Rotman School and CAMH participate in advisory functions, volunteering their respective expertise in business mentoring and mental health supports and services to the benefit of Rise clients. Rise works to improve the health of individuals, while recognizing the interdependency of financial well-being to one's overall quality of life.

The Social Economy Centre (SEC) of the University of Toronto promotes and disseminates multidisciplinary research and policy analysis on issues affecting the social economy. <http://www.socialeconomycentre.ca>



FITNESS & ME: WORKOUT + WRAP GROUP

- ✓ Do you want to use physical activity as part of how you take care of your emotional and mental wellbeing?
- ✓ Did you used to be active?
- ✓ Do you want to try physical activity for the first time?
- ✓ Are you having trouble getting motivated and making changes to your routine?
- ✓ Want to try working with a group?

Wellness Recovery Action Plan (WRAP) is about living in new and different ways that promote growth, recovery and wellness. It's an opportunity to focus on hope, personal responsibility, education, self-advocacy, and building support. In a group setting, people develop a list of wellness tools that can be used to plan how they will keep themselves feeling well in day-to-day life, employment, volunteering or education and training opportunities.

Physical Fitness complements WRAP and wellness in a number of ways – by improving overall health, relaxation, stress reduction, weight control and improved self-esteem. Plus...it's fun! Especially when there are others working out too.

There will be an individual session focusing on how to build a strong physical fitness and nutrition component into your wellness plan, as well as a session on Gaining Autonomy with Medication.

Information and Registration Session: Monday, February 27 from 1 – 2:30 pm

This 10-week WRAP group will be held on Mondays from March 5 – May 28 at 10 am – 3 pm at the Metro Central YMCA and Gerstein on Charles (100 Charles St. East).

Space is limited. For more info contact Nicki at 416-929-0149.

The Sexual Health Network of Ontario Invites you to a panel discussion on:

GENDER NON-CONFORMING KIDS

Understanding the needs of kids and families, learning about local programs, resources and research, and talking about how and why it matters in sexual health education and services.

Panel Members:

Jake Pyne - Community-Based Researcher and Trans Activist Steve Solomon - School Social Worker Triangle Program, Toronto District School Board LGBT Resources & Support Chris Veldhoven - Queer Parenting Programs Coordinator The 519 Church Street Community Centre Moderated by Cory Silverberg - Certified Sexual Health Educator

Date : Wednesday February 22nd 2012

Time : 9:30 am - 12:00 pm

Location: North York Civic Centre, 5100 Yonge Street Committee Room # 1, Lower Level

Contact: Jessica Abraham at 416-338-6107 jabraha@toronto.ca

RSVP not required.

TALKING BACK TO PSYCHIATRY WORKSHOP (CVDS 100)

David Reville's workshop at Ryerson University's Chang School of Continuing Education is now full. Thank you to all Bulletin readers and others who enrolled and who want to learn more about our past and the history of the consumer/survivor/ex-patient movement.

The workshop will be held again starting in January 2013.

In the meantime, watch for a Mad People's History event at Ryerson during Mad Pride Week in July.

<http://www.madinamerica.com/>

“The site is designed to serve as a resource and a community for those interested in rethinking psychiatric care in the United States and abroad. We want to provide readers with news, stories of recovery, access to source documents, and the informed writings of bloggers that will further this enterprise.

The bloggers on this site include people with lived experience, peer specialists, psychiatrists, psychologists, social workers, program managers, social activists, attorneys, and journalists. While their opinions naturally vary, they share a belief that our current system of psychiatric care needs to be vastly improved, and, many would argue, transformed. We welcome feedback and op-ed submissions from our readers. –Robert Whitaker”

ANTIPSYCHIATRY LECTURE

SPEAKER: Don Weitz

TOPIC: Brainwashing, Forced Treatment and Biological Psychiatry: The Legacy of Dr. Ewen Cameron

DATE: Friday, February 24

TIME: 7:00 - 8:30 pm

WHERE: OISE, Ontario Institute for Studies in Education 252 Bloor Street West, Room 2227

DESCRIPTION: Antipsychiatry activist Don Weitz critically discusses the brainwashing experiments of the late Canadian psychiatrist Dr. Ewen Cameron in Montreal's Allan Memorial Institute in the 1950s and 1960s.

The Canadian government (not the CIA) was the chief funder of these unethical experiments that permanently damaged many patients - most were women. Cameron's legacy is the dominance of biological psychiatry today.

SPONSORED BY: Alumni for a Free U of T.

dweitz@rogers.com

REMINDER: 13TH ANNUAL GEORGE BROWN COLLEGE MENTAL HEALTH CONFERENCE

Thursday, March 1, 2012
George Brown College
Financial Services Building, Room 406
290 Adelaide St. East, Toronto

From Exclusion to Inclusion: Accessing Employment Through Education

The focus of this year's conference will be on addressing barriers to education and employment success for individuals dealing with mental health concerns. Main themes will be inclusion, systemic issues, individual stories of challenge and success, and innovation. Speakers will include researchers, academics, activists, students, and alumni.

New - This year, attendees will have the opportunity to participate in a roundtable discussion on one of the conference topics and also use social media to post comments/feedback about the topics being discussed during the conference day via Twitter /Facebook.

Who Should Attend? Educators/Program Managers Mental Health/Addictions Counsellors Shelter/Frontline Workers Researchers Policy Makers Guidance Counsellors Consumer Survivors Service Providers/Practitioners Youth Workers

Keynote Speakers include Diana Capponi, Employment Works! CAMH/ Becky McFarlane, Activist/ Geoffrey Reaume, PhD, York University/ David Reville, Ryerson University/

<http://www.georgebrown.ca/mental-health-conference/index2.aspx> Contact Centre: 416-415-2000 x 2562

GRAND ROUNDS

How Differing Concepts of the Social Determinants of Health Lead to Differing Approaches to Promoting Mental Health. CSRU, the Community Support and Research Unit of CAMH, the Centre for Addiction and Mental Health, is having a presentation by Dennis Raphael, PhD, a leading writer/researcher on the health effects of income inequality and poverty, the quality of life of communities and individuals, and the impact of government decisions on Canadians' health and well-being. Thursday, March 1, 2012 from 12 noon to 1:00 pm at CAMH's 33 Russell St site, Room 2029.



FREE COMPUTER HELP AVAILABLE

Free over the phone or online technical support for fellow survivors. Help with repairs, upgrades, installations, and networking. Coaching in MS Office, PhotoShop, etc. Virus and spy ware scans and clean-ups. Contact Martha at gandier47@hotmail.com or call the C/S Info Centre at 416-595-2882 and we'll put you in touch.

DEBT MANAGEMENT CLINIC – WOODGREEN COMMUNITY CENTRE

This free, confidential service offers any community member the opportunity to speak to a trained volunteer about financial or debt-related concerns. Service is available by appointment, or to walk-in clients as available.

Date: Select Saturdays from February 11 through June
Time: 11 am - 2 pm
Where: 815 Danforth Avenue, 2nd Floor (near Jones Ave)
Phone: 416-645-6000 x 1336
Email: debtclinic@woodgreen.org

MAD STUDENTS SOCIETY

– upcoming peer support meetings (Feb 28, 29) in North York, Hamilton

Description: Mad Students Society (MSS) is a group of/for students who are attending or planning to attend post-secondary or adult education institutions and have past/present experiences with psychiatric/mental health systems. Group members support each other through an email listserv and monthly meetings. Upcoming peer support meeting dates are February 28 (North York), and February 29 (Hamilton). Please share this resource widely with colleagues, clients, students, faculty, friends, etc. For more information, email Elizabeth at outreach@madstudentsociety.com or visit www.madstudentsociety.com

COME LAUGH YOUR HEAD OFF!

The next **Laughing Like Crazy** show is coming up this month. Featuring stand-up comedy performances by graduates of the first ever Young Adult Program! (ages 19 to 32). Writing comedy about experiences of the mental health system is crazy. That's why we do it! Laughing Like Crazy finds the humour in some of life's most challenging experiences like diagnosis, suicide attempts, being committed and commitment issues. By laughing at our difficulties we can rise above them. Presented by The Mood Disorders Association of Ontario. **Thursday, February 23, 2012**. From 7:00 to 9:00pm **NEW LOCATION!** YMCA Auditorium (2nd Floor), 20 Grosvenor St, Toronto. (closest subway stations: College or Wellesley). Wheelchair Accessible. Admission: By Donation. Look forward to seeing you there!

For information contact: 416-486-8046 laughinglikecrazy@gmail.com www.mooddisorders.ca

Spring Rain Sangha Presents:

1-DAY LOVING-KINDNESS (METTA) MEDITATION RETREAT

“This 1-Day Loving-Kindness (Metta) Meditation Retreat introduces practices that help us become more loving individuals. By gently re-orienting the heart and mind to focus on the positive energies of loving-kindness and well-being, the practice of metta helps to gradually open our hearts to unconditional love for all beings, including ourselves. People of all faiths are welcome to attend this unique event.”

Saturday, March 10, 2012 at The Society of Friends (Quakers) House, 60 Lowther Ave. (2 blocks north of Bloor St. West off Bedford Road)

Time: 9:00 am – 4:00 pm (please arrive before 9:00 am to sign in)

Sponsored by Spring Rain Sangha

Facilitators: Jim Bedard and Randy Baker

Cost: \$30 (No one will be turned away due to lack of funds. Please contact us if cost is a problem.)

Registration: Pre-registration is necessary. Application forms can be found in the “Retreats” section of www.SpringRainSangha.com

Contact: For more information, please contact us at one-dayretreats@springrainsangha.com

UPCOMING

2012 Child Development & Learning Conference featuring Dr. Gabor Mate @ Japanese Canadian Cultural Centre April 13 – 14, 2012 addressing issues of Addiction, Bullying, Harm Reduction, Stress, Attachment Base Theory, Mental Health, ADHD/ADD, Stress and Parenting. With Jennifer Kolari author of Connected Parenting: How To Raise a Great Kid and Dr Gordon Neufeld who co-authored with Dr. Mate, Hold On To Your Kids: Why Parents Need To Matter More Than Peers. Contact: 905-829-4378 or karen@kmtlearning.com www.kmtlearning.com

Employment Matters

GERSTEIN CENTRE

Consumer/Survivor



Community Crisis Worker Training Position Available

The Gerstein Centre is offering a **training position** for a **consumer/survivor of the mental health system** who has demonstrated an interest in the mental health field, but due to his/her own mental health issues, has experienced barriers to employment.

The position is a **one year contract** designed to train the individual as a **Community Crisis Worker**, to work as part of a team providing telephone support, mobile team visits, and supportive counselling in the residential setting. While most of the training will be on-the-job, workshops, conferences and educational opportunities will be a part of the training. The trainee will receive one-to-one supervision.

Applicants must have:

- experienced barriers to employment due to personal mental health issues
- at least 6 months of part-time employment, volunteer work or educational experience in any area within the past year
- a demonstrated interest in the mental health field
- a good support system for themselves
- a personal philosophy compatible with that of the Gerstein Centre
- working ability to speak, read and write English
- flexibility, with an ability to work under pressure
- availability to work shift-work including nights, weekends and holidays

How to apply:

Please send your resume to:

Nicki Casseres
Coordinator of Training and Community Education
Gerstein Centre
100 Charles St. East
Toronto, Ontario
M4Y 1V3
Fax: 416-929-1080
Email: ncasseres@gersteincentre.org

Deadline for applications: Friday, March 2nd, 2012

Salary: \$39,340.08. Plus benefits

We regret that only those selected for an interview will be contacted.

PRE-APPRENTICESHIP CARPENTRY TRAINING FOR WOMEN

In conjunction with George Brown College, the YWCA is offering a free 35 week pre-apprenticeship training program for women. The program begins February 20, 2011.

Where: George Brown Casa Loma Campus, 146 Kendal Ave

When: Feb 20 - Oct 26, 2012

Please contact: Melissa Singh Email: msingh@ywcatoronto.org Phone: 416-964-3883 x 213

For more information please see the Frontline Partners with Youth Network website:

<http://www.fpyn.ca/node/5895>

DO YOU HAVE A GREAT BUSINESS IDEA THAT YOU WANT TO CONVERT INTO A BUSINESS PLAN?

The Small Business Program (SBP) provides participants with the tools, knowledge and confidence needed to convert their business ideas and goals into a business plan.

This program is ideal for people who are entrepreneurially focused, and is designed for participants in the Toronto downtown areas (including Regent Park, Moss Park and St. James Town and other neighbouring communities) who already have a business idea and would like to learn how to develop it further.

By the end of the course participants will learn how to:

- Formalize a business idea through the development of a business plan
- Understand the market and face challenges head-on
- Develop strategies and recognize opportunities
- Find financing and funding possibilities
- Communicate effectively and begin building a marketing strategy

This program is free of charge to all participants. All you need to bring is a practical business idea that you can turn into a business plan.

For more information and how to apply, please see the website at

http://ep.rotman.utoronto.ca/Corporate_citizenship/SBP/default.asp

For more information or to contact a representative at Executive Programs: 416-978-6690 or email

ExecutivePrograms@rotman.utoronto.ca



Just as The Bulletin was going to press, we received a job posting from Houselink for a Supportive Housing Worker. The position is full-time and permanent with a salary of \$44,099. More information can be found on their website at www.houselink.on.ca/careers. Applications are encouraged from people with lived experience of mental health challenges and other equity seeking groups. No phone calls please. The position closes on February 23rd

Places to go... People to see...

Free and Low-Cost Events for **February 16 – 29, 2012**

For TTC information call 416-393-4636 (INFO) or visit the TTC website.

BLACK HISTORY MONTH

Feb 23rd 6:30 – 9:00 pm **Black History Month “Mighty Jerome” Film Event.** Swansea Town Hall, 95 Lavinia Ave [Bloor Street and Runnymede Rd]. You are invited to a screening of the award winning NFB film “Mighty Jerome” The Greatest Comeback in Track and Field History with special guest writer/director Charles Officer. This event is FREE.

Feb 23rd All Day. **Black History Month Celebration.** Citizens for the Advancement of Community Development (CACD), Mississauga Valley Community Centre and Library are focusing on what Black Canadians have done to grow Canada into a culturally diverse, compassionate and prosperous nation. 10:30 – 11:30 am Family Story Time. Noon - 1:00 pm Drumming, arts & crafts, bead work. 1:00 – 5:00 pm Display of artwork, craft, books, paintings, video play of prominent black speakers. 6:00 – 9:00 pm Cultural music, poetry & spoken word recitals, break dancing, cultural skits, cultural food sampling, guest speakers. 1275 Mississauga Valley Blvd. Contact: Ron Cunningham Executive Director for CACD. 905-361-2421 FREE

28 Days: Reimagining Black History Month: This event ends February 29th 2012. 28 Days brings together the diverse work of Canadian artists with that of their international contemporaries in the US and the UK to explore the staging of Black History Month. Works in print, video, photography, painting, drawing, and sculptural installation. The Gallery is open Monday to Wednesday & Friday 11:00 am to 5:00 pm; Thursday 11:00 am to 7:00 pm; Saturday and Sunday 1:00 pm to 5:00 pm. The Gallery is closed statutory holidays. Location Justina Barnicke Gallery, 7 Hart House Circle. Website: www.jmbgallery.ca phone 416-978-8398. This is a FREE event.

FAMILY DAY

February 17th 12:00 pm to 5:00 pm. **Family Day Fun.** Spadina Museum Historic House and Gardens invites you to go back to the 1920s and 30s in the home of the Austin Family. Decorate cupcakes and listen the “The Shadow” on the radio. 285 Spadina Road, [Spadina and Davenport] 416-392-6910. This event is pay what you wish.

Mon 20 10:00 am – 10:00 pm. **Waterfront Skating.** Enjoy a brisk winter’s skate with a breathtaking view of Lake Ontario and the Toronto Islands. Natrel Ice Rink at Harbourfront Centre is Canada’s largest artificially-cooled outdoor ice rink. 235 Queens Quay West. Presented by the Waterfront BIA. www.harbourfrontcentre.com Skate and helmet rentals are available for a cost. Skating is FREE.



February 18th 11:00 am to 3:00 pm. **Family Day on the Kingsway.** Ice sculpture competition, maple taffy demonstrations and arts & crafts exhibits. Willingdon Blvd and Wendover Rd at Bloor West will be closed for the festivities. This event is FREE.

February 20th 11:30 am to 5:00 pm Show Times: 11:30 am /1:00 pm /2:30 pm /4:00 pm. **Woofjocks Canine Performance Team.** Visit PawsWay for free, furry family fun during Family Day on Toronto’s Waterfront. Activities include face painting and learn how to draw your pet. Free prizes and games courtesy of Dog Chow. Plus the Canine Performance Team will be doing demos of today’s most popular canine sports. The Woofjocks are a high energy dog/handler performance team specializing in interactive games and demonstrations of canine agility and obedience. PawsWay, 245 Queens Quay West. More Info at www.pawsway.ca This event is FREE.

FAMILY WEEKEND FILMS

Feb 18, 19 & 20. **Free Movies.** A subscriber tipped us off to this great find. 26 films in total at the TIFF Bell Lightbox at 350 King Street West. Free all three days from 10:30 am to 10:00 pm on Saturday and 10:45 am to 7:00 pm Sunday and 10:45 am to 2:30 pm on Monday; there will be tickets available on the day of the films courtesy of Bell Free Weekend. For more info contact 416-599-8433 or www.tiff.net. All movies are FREE.

FILM

Feb 17th 3:00 pm & 7:00 pm. **All Balls Don't Bounce - Sports Weekend.** NFB Mediatheque, 150 John Street [Richmond St West and John Street]. They say that Philadelphia is the capital of boxing and Joe Frazier's Gym is the White House. This is the story of a father, a son and a forgotten legacy. For more info: www.nfb.ca/mediatheque. FREE

February 23rd 7:00 pm to 9:00 pm. **Tango in a Cold City.** NFB Mediatheque, 150 John Street [Richmond St. West and John Street]. It is not only the Argentines who gravitate towards tango. Vietnamese barbers, Scottish engineers, Russian violinists and native born Canadians can become entranced by the romanticism of this sensual dance. For more information www.nfb.ca/mediatheque. This event is FREE



Feb 21st 7:00 – 9:00 pm. **Celia Franca: Tour de Force.** A penetrating profile of the Founder of the National Ballet of Canada with some wonderful archival film footage. Director, writer and narrator Veronica Tennant will be present for a Question & Answer session following the screening. National Film Board Mediatheque 150 John Street [Richmond Street West & John St]. Info: 416-973-3012 or nfbmediatheque@nfb.ca www.nfb.ca/mediatheque FREE

HERITAGE WEEK TOUR

Feb 25th 11:00 am – 12:30 pm. **Heritage Week Free Tour of the Elgin Winter Garden Theatre.** 189 Yonge Street [Yonge Street and Queen Street] Free guided tour of this national historic site which is the last operating double-decker theatre in the world. The tour recounts the history and restoration of both theatres; see the original and the new lobbies as well as visiting the world's largest collection of vaudeville scenery and a Simplex Silent Film Projector. This event is FREE For more information www.heritagetrust.on.ca/ewg

LEARNING

North York Women's Centre 2446 Dufferin St. Toronto. Register at 416-781-0479 info@nywc.org www.nywc.org

- Thurs 16th & 23rd from 2:30 – 4 pm. **Identity Workshop:** "Who are you? - A deeper look at the different parts of your identity!" Come and find out what makes you, YOU? Explore what it is about you that changes and what things seem to stay the same. FREE
- Tues 21st at 2:30 pm. **Ovarian Cancer Workshop:** Come and learn about the signs and symptoms of Ovarian Cancer and how to take care of your health. FREE

February 18th 10:00 am to 3:00 pm. **Lecture and Lunch Series.** York University 4700 Keele Street [Keele Street and Steeles Ave West] Bring your own lunch. This is a free series featuring York's leading professors talking about their latest and most exciting research. For more information www.yorku.ca/yorkcirc/index.html

Fri 24th 1:00 – 3:00 pm **Cancer Prevention & Screening.** Toronto Western Hospital, 399 Bathurst Street (just north of Dundas Street West) Auditorium - 2nd Floor - West Wing. To register, please contact sarah.cunningham@uhn.ca or 416-603-5800 ext 6475. Interpretation services are available upon request (space is limited). Please note that the auditorium is a scent-free environment. FREE

MUSIC

February 15th 5:30 pm to 6:30 pm **2-Piano Jazz Fusion.** Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen Street West. Two of Canada's master jazz pianists Robi Botos and Hilario Duran come together for the first time ever to present a magical hour of music. This event is FREE. For more information: www.coc.ca/performancesandtickets/freeconcertseries/february2012.aspx

February 16th 7:00 pm to 8:00 pm **Tafelmusik Baroque Orchestra Talk.** North York Central Library Auditorium, 5120 Yonge Street [Yonge at Finch] Learn more about baroque music from violinist Patricia Ahern including a comparison between the baroque violin used by Tafelmusik musicians and the modern violin used by a symphony orchestra. For more information: www.torontopubliclibrary.ca/detail.jsp?Entt=RDM93450&R=93450. Please call to register for this FREE event 416 395-5639.

February 29th 12:00 pm to 1:00 pm. **Crossing Borders**. Richard Bradshaw Amphitheatre, Four Seasons Centre for the Performing Arts, 145 Queen Street West. The Acclaimed Zagreb Piano Trio presents a program of chamber music. This event is FREE. For more information www.coc.ca/performancesandtickets/freeconcertseries/february2012.aspx

February 17th to February 19th. **Winterfolk Blues & Roots Festival X**. Delta Chelsea Hotel, 33 Gerrard Street [Yonge and Gerrard St. West] Winterfolk was formed to entertain, educate, enlighten, engage and encourage the community about various folk music styles including roots, blues folk etc. For more information www.winterfolk.com. This event is FREE.



NATURE WALKS

Ongoing. **Toronto Field Naturalists** (Since 1923). 2 Carlton Street, Suite 1519. 416-593-2656
<http://www.torontofieldnaturalists.org/v-walks.htm>

- ✓ Sat Feb 18th 1:00 pm **Woodbine Park & Ashbridge's Bay – Birds & Trees**. Leader: Bob Kortright. Meet at the northwest corner of Northern Dancer Blvd and Lakeshore Blvd E. Bring binoculars. About 2 hours.
- ✓ Sun Feb 19th 2:00 pm **Earth, Air, Fire & Water – Lost Rivers**. Leaders: Helen Mills and Ian Wheal. Meet at southwest corner of Queen St East and Logan Ave. Investigate Consumers Gas explosion, air quality and soil contamination, booze, smuggling on Ashbridge's Bay. A joint walk with the Toronto Green Community.
- ✓ Tues Feb 21st **Colonel Samuel Smith Park – Birds**
- ✓ Sat Feb 25th **Leaside Spur Line – Nature as Bestowed and Planted**
- ✓ Tues Feb 28th **Ashbridge's Bay – Winter Birds**

OUTDOOR FUN

February 25th and 26th 12:00 pm to 5:00 pm. **Bloor Yorkville Icefest**. Come celebrate winter at Bloor and Yorkville, come marvel at the "Winter Wilderness" including a display of an Ice Log Cabin complete with northern lumberjack. Children will love the kiddie cubes with a mini toy inside. There will also be street performers and ice skating by "Glisse on Ice". Village of Yorkville Park [Cumberland Street and Bellair Street] For More Information; www.bloor-yorkville.com/icefest. This event is FREE

February 19th 8:00 – 11:00 pm. **DJ Skate Night – Saturdays**. Harbourfront Centre, 235 Queens Quay West. Special during Black History Month featuring CIUT's DJ Patrick Roots and a Soca on Ice event with Dr. Jay de Soca Prince. For additional Info www.harbourfrontcentre.com. This event is FREE.

POSTCARD COLLECTORS

Feb 26th 9:30 am – 4:30 pm. **31st Annual Toronto Postcard Club Show and Sale**. Forty tables of vintage postcards for sale from Canada, the US and the rest of the world, from the early 1900's through the 'chromes' of modern times. Presented by the Toronto Postcard Club. The Old Mill Inn, 21 Old Mill Road [Bloor St West and Kingsway] \$7, \$5 for members of the club.

To subscribe call the Consumer/Survivor Information Resource Centre of Toronto at 416-595-2882 or email us at csinfo@camh.net.

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